

# HOCKLEY COMMUNITY CENTER

## November Event Calendar



**Monday – Thursday: 7:30 a.m. – 9 p.m. | Friday: 7:30 a.m. – 4 p.m.**

**28515 Old Washington Road, Hockley 77447**

**713-274-3220 • [hcp4.net/hockley](http://hcp4.net/hockley)**

# Ongoing Programs

## MONDAY

7:30 a.m. – 8 a.m. – Walking

8:15 a.m. – 9:15 a.m. – Yoga

9 a.m. – 12:30 p.m. – Canasta

9:30 a.m. – 10:15 a.m. – Stretch and Tone (Chair Exercise)

11 a.m. – noon – Senior Chair Volleyball

1 p.m. – 3:30 p.m. – Basic American Mah Jongg

5:30 p.m. – 8:30 p.m. – 42 Dominoes (Second Monday of Every Month)

## TUESDAY

7:30 a.m. – 8 a.m. – Walking

9 a.m. – noon

– Open Sewing/Needlework Time

9:30 a.m. – 10:15 a.m. – Stretch and Tone (Chair Exercise)

1 p.m. – 2 p.m. – Book Club (this month 2nd Tuesday)

1 p.m. – 2:30 p.m. – Beginner Computer Class (Nov. 21 & 28 only)

1 p.m. – 3 p.m. – Quilting

1 p.m. – 4 p.m. – 88 Dominoes

5 p.m. – 6 p.m. – PM Yoga

## WEDNESDAY

7:30 a.m. – 8 a.m. – Walking

8:15 a.m. – 9:15 a.m. – Yoga

9 a.m. – noon – Bridge

9:30 a.m. – 10:15 a.m. – Stretch and Tone (Chair Exercise)

9:30 a.m. – 2 p.m. – Handwork Needle and Fiber Art

12:30 p.m. – 2 p.m. – Basic Crochet

12:30 p.m. – 3 p.m. – Genealogy

## THURSDAY

7:30 a.m. – 8 a.m. – Walking

9 a.m. – noon – Fun and Games

9 a.m. – noon – Painting: All Mediums (Beginners welcomed)

9:30 a.m. – 10:15 a.m. – Stretch and Tone (Chair Exercise)

## FRIDAY

7:30 a.m. – 8 a.m. – Walking

8 a.m. – 8:45 a.m. – Stretch and Tone (Chair Exercise)

10 a.m. – 3 p.m. – Senior Games and Covered Dish Luncheon

## **WALKING**

**Monday through Friday, at 7:30**

Start your day with a 30-minute indoor walk. Outdoor paths are also available.

## **YOGA**

**Mondays and Wednesdays, at 8:15 a.m.**

We have several easy-to-follow gentle yoga DVDs. The group decides which DVD is shown. We set up chairs to help you get up from the floor during and after your workout. Bring your own mat, straps, and blocks.

## **STRETCH AND TONE**

**Monday through Thursday, at 9:30 a.m.**

**Fridays, at 8 a.m.**

Come join us for chair exercise. Our classes are designed to build balance, strength, flexibility, and endurance.

## **CANASTA**

**Mondays, at 9 a.m.**

Pennies from Heaven is the version of canasta currently played at our center. Newcomers are always welcome.

## **SENIOR CHAIR VOLLEYBALL**

**Mondays, at 11 a.m.**

Join us for a friendly game of indoor chair volleyball. All players are seated in chairs and split into two teams of six. Whether you are joining the team or rooting them on, we would love to see you!

## **BASIC AMERICAN MAH JONGG**

**Mondays, at 1 p.m.**

Mary Anne McBride teaches the American version of this intriguing tile-based game.

## **2nd MONDAY '42' DOMINOES**

**Second Monday of every month, at 5:30 p.m.**

Join other seasoned '42' players for three hours of fast-paced dominoes. Bring food of your choice to share for dinner.

## **OPEN SEWING/NEEDLEWORK TIME**

**Tuesdays, at 9 a.m.**

Bring your own project and materials to work in the company of others who enjoy needlecraft.

## **QUILTING**

**Tuesdays, at 1 p.m.**

Take this opportunity to quilt, share ideas, and enjoy the fellowship of other quilters. All skill levels are welcome.

## **BEGINNER COMPUTER CLASS**

**Tuesdays, Nov. 21 and 28, 1 - 2:30 p.m.**

This program for complete beginners and those needing a review on how to use basic functions of a computer and the internet continues through the end of the year. Participants bring their own laptop or notebook. Classes provided by Harris County Public Library.

## **'88' DOMINOES**

**Tuesdays, at 1 p.m.**

Join other experienced dominoes players, at tables of six, for several hours of fast playing.

## **PM YOGA**

**Tuesdays, at 5 p.m.**

Ease your body and mind into a relaxed evening with Yoga. We have several easy-to-follow gentle yoga DVDs. The group decides which DVD is shown. Bring your own mat and blocks.

## **BRIDGE**

**Wednesdays, at 9 a.m.**

Join us every week in the grand dame of card games. Players interact with others using memory, visualization, and sequencing. All expert levels welcome in this strategic four-player game.

## **HANDWORK NEEDLE AND FIBER ART**

**Wednesdays, at 9:30 a.m.**

Gather with others who are passionate about working with needles, fabrics, thread, etc., when you come on Wednesdays to sew, knit, crochet, stitch, tat, embroider, or do bead work. Bring your project or try something new.



## **BASIC CROCHET**

**Wednesdays, at 12:30 p.m.**

Volunteer instructor Mary Anne McBride teaches basic crochet stitches. Bring yarn and crochet hooks.

## **GENEALOGY**

**Wednesdays, at 12:30 p.m.**

Join volunteer instructors Cindy Schild and Pamela Shepard to learn how and where to trace your family history.

## **FUN AND GAMES**

**Thursdays, at 9 a.m.**

Select one of the games we have at the center or bring your own when you come in on Thursday mornings to play with friends, old and new, and have a good time.

## **PAINTING – ALL MEDIUMS**

**Thursdays, at 9 a.m.**

If you like to paint, or would like to try for the first time, join our weekly community group of painters. Everyone works on their own project, and there is a lively exchange of techniques, color mixing, and current events. If you have never painted before, our painters will help you get started.

## **SENIOR GAMES AND COVERED DISH LUNCHEON**

**Fridays, at 10 a.m.**

Play bridge on Fridays at our center. You can also choose from '42' Dominoes, Mexican Train Dominoes, canasta, or board games. Lunch is typically from 11:30 a.m. to 12:15 p.m. Bring food to share.

## **SENIOR BUS TRIP TO HOUSTON**

**Friday, Nov. 3, 8 a.m. – 4:30 p.m.**

Houston International Quilt Festival

Admission at the door

\$15 for adults

\$12 for seniors 65+

Bus departs at 8:30 a.m.

Lunch on your own at the George R. Brown Convention Center.



## **SIGN-UP FOR THE DECEMBER SENIOR BUS TRIP**

**Wednesday, Nov. 8, at 8 a.m.**

Sign-up is on a first-come, first-served basis. Transportation is provided for individuals 50 and older through Harris County Precinct 4. Buses will pick up and drop off participants at the center.

Christmas Lights in Richmond

Free Admission

Thursday, Dec. 14

Bus departs at 4 p.m.

Dinner is on your own at Pier 36 Seafood & Oyster Bar

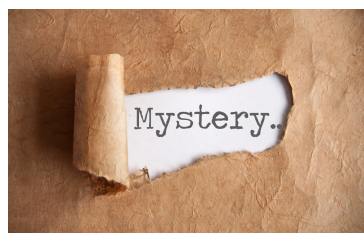
## **SENIOR BUS TRIP TO CONROE**

**Tuesday, Nov. 14, 10 a.m. – 3:45 p.m.**

Mystery Location in Conroe,

Free Admission

Lunch is on your own at a mystery restaurant.



**November Special Events**

## **WILD WEST WEDNESDAY MOVIE PRESENTATIONS**

**Wednesdays, Nov. 8, 15, 22, 12:30 – 2:45 p.m.**

Bring a friend and join us as we screen great, classic Western movies on select Wednesdays this month. Popcorn will be provided but you are welcome to bring your own favorite movie theater snacks!

Registration is requested.



## **BOOK CLUB**

**Tuesday, Nov. 14, 1 – 2 p.m.**

Do you love reading, or do you wish you read more and need something to help motivate you? Join like-minded friends at our monthly book club! Once a month, we discuss our chosen fiction or nonfiction book. Copies of all books are provided for free from the Harris County Public Library collection, both physically and as e-books and e-audiobooks!

This month's book selection is "Bluebird, Bluebird" by Attica Locke.

## **ELDER JUSTICE PROGRAM**

### **WATCH OUT FOR INTERNET SCAMS**

**Thursday, Nov. 16, 12:30 – 1:30 p.m.**

Phishing, pharming, and copycat government websites are just a few of the ways cybercrime is committed. Learn about these and other scams, how to identify attempts to defraud you, and how to protect yourself when using the internet.

The Houston-Galveston Area Council Elder Justice Program is bringing this seminar to our center.

**November Special Events**

## **SENIOR GAMES AND CATERED THANKSGIVING LUNCHEON**

**Friday, Nov. 17, 10 a.m. – 3 p.m.**

Join us for '42' dominoes, canasta, bridge, Mexican Train dominoes, or pick a board game. In celebration of Thanksgiving, a traditional holiday meal will be catered for lunch at 11 a.m. Tickets are \$10 per person. Stop by the center by Friday, Nov. 11. to reserve your meal ticket. Checks made payable to Hockley Senior Citizens.

## **THANKFUL PUMPKIN**

**Monday, Nov. 20, 1:30 – 2:30 p.m.**

Join Ms. Ashley over the Thanksgiving break to share what all you are thankful for, with the Thankful Pumpkin.

We will also enjoy fall-themed snacks and lemonade.

Registration is required.

## **A CLOSER LOOK AT NATURE: LET'S TALK TURKEY**

**Monday, Nov. 20, 4 – 5 p.m.**

Learn from a Precinct 4 Park Naturalist about turkeys' impressive biology, the story of how they got their name, and other facts that may surprise you. Then transform a pinecone into a turkey for a cute holiday decoration. All are welcome to this program designed especially for school-aged children.

Registration is required. Space is limited.

## **HOLIDAY RIBBON TREES**

**Tuesday, Nov. 21, 9 a.m. – noon**

Volunteer instructor Ann Koons teaches participants ages 13 and up how to make beautiful ribbon trees from Styrofoam cones, for the holidays.

Registration is required.

## **CROCHET HOLIDAY ORNAMENTS**

**Wednesday, Nov. 22, 2 – 3:30 p.m.**

Volunteer instructor Mary Anne McBride will show you how to make adorable, traditional Christmas decorations with a twist. This class is for participants ages 13 and up with basic crochet skills. Registration is required.



## **HOLIDAY CHEER WEEK**

**Monday - Friday, Nov. 27 – Dec. 1, 9 a.m. – 3 p.m.**

Help us ring in the holidays! We will have cookies and other seasonal treats for you to taste and enjoy, and we encourage you to add to the spread by bringing and sharing some morsels you and your family like to eat at this time of year.

**November Special Events**

# Other Events

## At Hockley CC | Community Welcome

Harris County Precinct 4 declares no affiliation, endorsement, nor any partnerships with any of the groups or organizations hosting the following meetings.

### **Unshakable Women Support Group**

*Tuesdays, 6:30 – 7:30 p.m. except Nov. 7, 21 & 28*

Unshakable Women is a group of women who come together to find strength within themselves.

### **Alcoholics Anonymous**

*Tuesdays, 7:30 – 8:30 p.m. except Nov. 7*

Alcoholics Anonymous is a fellowship group of people who come together to find sobriety.

### **Youth Karate for Beginners**

#### **By Cypress Warriors**

*Wednesdays, 6 – 7 p.m., except Nov. 22*

Cypress Warriors offers this self-defense class for the youth of the community. Ages 5 – 12.

### **Youth Karate for Advanced**

#### **By Cypress Warriors**

*Wednesdays, 7 – 8 p.m., except Nov. 22*

Cypress Warriors offers this self-defense class for the youth of the community. Ages 5 – 12.

### **Karate for Teens and Adults**

#### **By Cypress Warriors**

*Wednesdays, 8 – 9 p.m., except Nov. 22*

Cypress Warriors offers this self-defense class for the teens and adults of the community. Ages 13+

# Other Events

**At Hockley CC | Community Welcome**

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## **Medicare Education**

*Thursday, Nov. 9, 1 p.m. – 2:30 p.m.*

Tammy Rush, of Senior Benefits Consulting, LLC, will discuss changes in Medicare for 2024, parts of Medicare, and enrollment periods for making changes.